

PRESCHOOL & CHILD ENRICHMENT

Terrific Tiny Tennis (6 Classes)

Children play FUN activities and games that enhance hand-eye coordination, locomotor skills, and knowledge of general tennis concepts, in this 6-week session. Lessons also provide a success-oriented social environment that may encourage children to continue in the lifetime sport of tennis. Small group lessons for 3-6 students. Bring a racquet. In case of rain, check with the instructor at the court. NO POSTPONEMENT ANNOUNCEMENT WILL BE GIVEN OVER THE PHONE. If at anytime the instructor is absent, report to the next scheduled lesson for makeup date. Unless notified otherwise, any makeup(s) due to postponement (i.e. rainouts) will be held on the next available normal meeting day following the session. However, Sundays may be used at the instructor's discretion. Ages 5-8.

Cost: \$68 Resident, \$83 Non-resident
Location: San Bruno City Park Tennis Courts
Instructor: Whitlinger Tennis Staff
Day/Time: Sat., 1-2pm
2402.301 Sat 6/23-7/14
2402.302 Sat 7/21-8/11

Parent & Child Belay Lesson (1 Class)

This class will teach parents the safety skills needed for their child to climb at Planet Granite. Kids day pass and equipment rentals are included. Registration is for one adult and one child. Parent must attend class with minor in order to sign release paperwork. The class is held at Planet Granite, 100 El Camino Real, Belmont, (650)519-3030. Ages 5 and over.

Cost: \$35 Resident, \$44 Non-resident
Instructor: Planet Granite Staff
Location: Planet Granite, 100 El Camino Real, Belmont
Day/Time: Sat., 9:45-11am
3615.303 Sat 8/11



Parent and Child Intro to Ice Skating (6 Classes)

This is a fun experience for one parent and one child to learn to ice skate together. Classes will be geared to the child's level. Children must be between the ages of 3 & 4. Cost includes one parent and one child, skate rental, one-half hour lesson and practice time immediately following the lesson. Be sure to dress warmly and wear thick socks. Please be sure to arrive 20 minutes prior to lesson to check-in and put on skates. No class 7/4. Ages 3-4 years old plus parent.

Cost: \$64 Resident, \$79 Non-resident
Location: Ice Center at San Mateo
Instructor: Ice Center Staff
Day/Time: Wed., 10-11am
2400.301 W 6/6-7/18
2400.302 W 7/25-8/29

My First Art Class (8 Classes)

Come experience 5 art stations where making a mess is part of the process! You have fun; we clean up! Art projects continue to change all year long! Process rather than product is emphasized. Projects are age appropriate with the children having the freedom to explore materials at their own pace and in their own way. The class ends on a musical note with singing and dancing and having too much fun. Parental participation is required. A lab fee of \$13.00 is payable to the instructor on the first day of class. Includes My First Art Class t-shirt. No class 7/5. Ages 18 months-5.

Cost: \$90 Resident, \$105 Non-resident
Lab Fee: \$13 payable to instructor, includes t-shirt
Location: Millbrae Community Center
Instructor: Chris Pollard/Renee Ramsey
Day/Time: Thurs.,
9:30-10:30am (18 months-3),
10:45-11:45am (2-5 years)

18 Months-3 Years
2001.301 Th 6/28-8/23
2-5 Years
2001.302 Th 6/28-8/23

Aikido for Youth (8 Classes)

In addition to being excellent physical exercise and effective self-defense, Aikido teaches smooth, balanced and relaxed movement. Aikido means "way of harmony" and is a philosophy integrating physical, spiritual and cultural values. Class is taught in a formal setting with the discipline and etiquette that reflect traditional Japanese Martial Arts. Call (650) 345-1501 for information. Ages 7-13.

Cost: \$65 Resident, \$80 Non-resident
Location: Tanforan Professional Center
Instructor: Masatoshi Morita
Day/Time: Tues. & Thurs., 6-6:45pm
3407.301 T & Th 6/19-7/12

PRESCHOOL & CHILD ENRICHMENT

Youth Intro to Ice Skating (6 Classes)

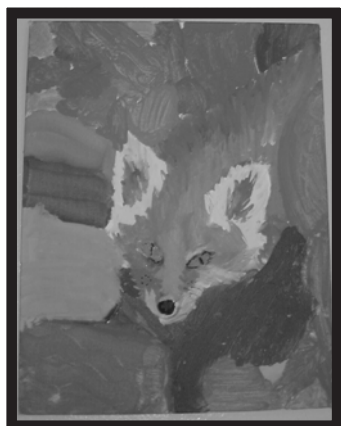
During each six-week session, students will be introduced to basic ice skating skills. Each lesson provides 30 minutes of instruction and 30 minutes of practice time on the ice. (Practice time will be from 5:45 - 6:15 pm.) Be sure to dress warmly and wear thick socks. Skate rental is included in the class fee. Please be sure to arrive 20 minutes prior to lesson to check-in and put on skates. Ages 5-14.

Cost: \$64 Resident, \$79 Non-resident
Location: Ice Center at San Mateo (574-1616)
Instructor: Ice Center Staff
Day: Mon.,
5-7 year olds 5:15-6:15pm
3400.301 M 6/4-7/9
3400.302 M 7/23-8/27
8-14 year olds 5:45-6:45pm
3400.303 M 6/4-7/9
3400.304 M 7/23-8/27

Children's Crafts Class (6 Classes)

This course will include an introduction to the arts. Students will have a chance to create different projects - a ceramic piece, painting, and other design works. Children will have fun making their own artwork. Ages 6-15.

Cost: \$49 Resident, \$61 Non-resident (includes \$7 lab fee)
Location: Recreation Center, Ceramics Studio
Instructor: Marilyn Bennett
Day/Time: Tues., 4-5:15pm
2000.301 T 6/26-7/31



Classic Boxing Workout

Boxing Skills/Strength & Cardio Conditioning (Non Contact) (5 Classes)

Start with basic flexibility. Learn fundamental stance, footwork, and striking technique. Learn to properly shadowbox transferring skills to light and heavy bags for a super cardio total body workout. Further sharpen skills with the use of punch mitts and punch shields. Introduction to interval training and various calisthenic and plyometric exercise routines. For strength and conditioning the use of medicine balls, stability balls, dumbbells, flex tubing, jump ropes etc. will be utilized. Finish with cool down/advanced flexibility. Note: Students must purchase handwraps. A lab fee of \$35 is payable to the instructor the first day of class. Classes held at Bellafatto Boxing Academy, 1111 Arguello St, Redwood City. Ages 6-12.

Cost: \$39 Resident, \$49 Non-resident
Lab Fee: \$35 payable to instructor
Location: Bellafatto Boxing Academy, 1111 Arguello Street, RWC
Instructor: Nick Bellafatto
Day/Time: Sat., 9-10:30am
3417.301 Sat 6/23-7/21
3417.302 Sat 7/28-8/25

Painting With Acrylic (4 Classes)

Your child will learn to use acrylic paints while painting on an acrylic board suitable for framing. This class will not only be fun but your child will learn drawing and painting techniques as well as about design concepts, planning and art. Your child will have a fun time creating a design painting and learning different art concepts. This special class has a limited size so sign up early. This is one keepsake your child will be proud of and it will last a lifetime. Look at the website www.eyehighart.com for pictures of the past children's class conducted and samples of instructor's artwork.

Cost: \$45 Resident, \$56 Non-resident
Lab Fee: \$7 payable to instructor at first class
Location: Recreation Center Ceramics Room
Instructor: Charna Conway
Day/Time: M-F, 1-2:30pm (5-8yrs), 3-4:30pm (9-14yrs)

5-8 Years
3015.301 M 8/6-8/10
9-14 Years
3015.302 W 8/6-8/10

Mosaic Arts (4 Classes)

Your child will learn the versatile art of mosaics while making a beautiful trivet or wall hanging. This class will not only be fun for your child but he/she will learn about design concepts, planning and art. Your child will have a fun time breaking tile, creating a design, gluing tiles and even grouting! This special class has a limited enrollment so sign up early. This is one keepsake your child will be proud of and it will last a lifetime. Look at the website www.eyehighart.com for pictures of the past children's class conducted and samples of instructor's artwork.

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Lab Fee: \$7 payable to instructor at first class
Location: Recreation Center Ceramics Room
Instructor: Charna Conway
Day/Time: M-F, 1-2:30pm (5-8yrs), 3-4:30pm (9-14yrs)

5-8 Years
3015.303 M 8/13-8/17
9-14 Years
3015.304 W 8/13-8/17